

Menu 1 of 5 Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Grain/Bread	Whole Wheat Toast	Pancakes	Oatmeal	Wheaties	Raisin Bagel
Fruit/Veggie	Nectarines	Applesauce	Blueberries	Strawberries	Banana
Milk	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
Lunch	HM Chili Mac	Spaghetti	Chicken Soft Tacos	Hamburger	Turkey Sandwich
Grain/Bread	Macaroni	Spaghetti	Flour Tortillas	Whole Wheat Bun	Whole Wheat Bread
Meat/Meat Alt.	Ground Turkey/Cheese	HM Meat Sauce	Shredded Chicken	Ground Beef Patty	Turkey
Fruit/Veggie #1	Kidney Beans	Broccoli	Lettuce/Tomato	Mashed Potatoes	Corn
Fruit/Veggie #2	Apple Wedges	Peaches	Orange	Grapes	Watermelon
Milk	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
AM Snack	Ants on a Log	Cheese Quesadilla			
Select 2 components	Celery/Raisins	Flour Tortilla	Rolled Turkey	Yogurt	Cucumber slices
	Peanut Butter	Cheese	Carrots	Granola	Whole Wheat Toast
PM Snack					
Select 2 components	Breadsticks	Chocolate chip cookie	Tomato Soup	Hard Boiled Egg	String Cheese
	Marinara Sauce	Milk	Macaroni Noodles	Cranberry Juice	Cantaloupe

Whole milk will be provided for children 1-2 years of age and 1% milk will be provided for all children over the age of 2.

Water is offered with all meals.

All juices served are 100% fruit juice.

This institution is an equal opportunity provider.